



Financial Wellness Snapshot

Take control of your financial well-being—with support from your Employee Assistance Program (EAP).

This snapshot is here to help you take a moment and reflect on your financial well-being. There's no judgment, no math, and no right or wrong answers—just an opportunity to check in with yourself.

Financial wellness looks different for everyone. Use this as a tool to pause and assess where money fits into your life right now. Take a look at each statement and check the ones that feel true for you today:

- ☐ I generally know where most of my money goes each month
- ☐ I feel prepared for unexpected expenses
- ☐ I understand my USPS retirement benefits and options
- ☐ I feel confident making financial decisions
- ☐ I worry about money often
- ☐ Financial stress affects my sleep, mood, or focus at work

What does this snapshot mean?

It's normal to feel confident in some areas of your finances and uncertain in others. If you've checked boxes related to stress or confusion, it doesn't mean you've failed—it simply highlights areas where additional support or information could make a difference.

Support is Available

The EAP is here to offer free, confidential* support for USPS employees and your families, including assistance with financial stress, budgeting advice, and referrals to trusted resources. Don't hesitate to reach out—we're here to help! Visit EAP4YOU.com to learn more.

***The USPS Employee Assistance Program (EAP) is managed by an external organization, Lucet. All information disclosed to Lucet and its staff is confidential and is not shared with anyone, including USPS, without your written consent unless disclosure is required by law (e.g., threats of harm, child or elder abuse, and court orders).**